

Untangling the Heart: Loneliness | Psalm 142:1-7

With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. I pour out my complaint before him; I tell my trouble before him. When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me.

Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. I cry to you, O Lord; I say, "You are my refuge, my portion in the land of the living."

Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! Bring me out of prison, that I may give thanks to your name! The righteous surround me, for you will deal bountifully with me.

Main idea: Loneliness is an invitation to be known by and restored to Jesus.

What Does Loneliness Communicate?

1. At its root, loneliness communicates separation.

- "For my iniquities have gone over my head; like a heavy burden, they are too heavy for me...my heart throbs; my strength fails me, and the light of my eyes--it also has gone from me. My friends and companions stand aloof from my plague, and my nearest kin stand far off."
(Psalm 38:4,10-11)

How Does Loneliness Motivate?

1. Surround ourselves with more people;
2. Sinful behavior
3. Isolation

How Does the Gospel Speak into Loneliness?

1. Loneliness and repentance

a. Silence and solitude

b. Community of believers

- "The purpose in a man's heart is like deep water, but a man of understanding will draw it out." (Proverbs 20:5)

- "The Christian needs another Christian who speaks God's word to him. He needs him again and again when he becomes uncertain and discouraged, for by himself he cannot help himself without belying the truth. He needs his brother man as a bearer and proclaimer of the divine word of salvation. He needs his brother solely because of Jesus Christ. The Christ in his own heart is weaker than the Christ in the word of his brother; his own heart is uncertain, his brother's is sure." (Dietrich Bonhoeffer)

Benediction | 2 Thessalonians 2:16-17

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.